

Healthy Mother Healthy Baby Programme©

The HMHB Programme© was developed to address the needs of pregnant women in lower socio-economic groups and/or who are at risk of having a child with FASD. It is currently being implemented in FARR's projects in De Aar and in Prince Alfred's Hamlet and some of the core principles are being used in the Department of Health, Western Cape's Antenatal Personal Support Programme which is being piloted in Delft and Mitchell's Plain. Pregnant women are invited to sign up for this programme before 20 weeks gestation as this programme aims to assist and support them to have healthier and substance abuse free pregnancies. The ultimate goal is for these women to give birth to healthy FASD-free babies. The World Health Organization expressed interest in this programme. It currently forms part of a Ph.D study whereby the impact and outcomes of this programme is evaluated.